

Whole Wheat Pita Bread on a Pizza Stone or Cooling Rack

- 3 to 4 c. whole wheat flour OR
2 c. whole wheat flour and 1 to 2 c. white flour
- 1 tbsp. Yeast
- 1 ¼ c. warm water
- ½ tsp. Salt (opt.)

Directions:

Using the Bosch mixer with the dough hook with the dough hook extender, mix 2 cups flour and yeast. Add water and salt, and mix well. Gradually add remaining flour until dough cleans the sides of the bowl. Dough should be moderately stiff. Knead 4 to 5 min. until dough is smooth and elastic. Do not over-knead. Form dough into 10 balls. On a floured board, roll each ball from the centre out into a round ¼ in. thick and 5 to 6 inches in diameter. Be certain both sides are lightly covered with flour. Place on a lightweight, non stick baking sheet. Let rise 30 min. or until slightly raised. Preheat oven to 500 deg. F. Gently turn the rounds upside down just before placing in the oven. Bake on the bottom rack of the oven. The instant hot heat makes the breads puff up. Bake 500 deg. F. for 4 to 5 min.

